

How to Keep Me Safe:

- Put child proof latches on cupboards that you do not want me to open. Put safety gates at the top and bottom of stairs.
- Keep all medicines, cleaners, disinfectants and cosmetics out of my reach.
- Keep the toilet lid down. Keep the door shut to the bathroom. Never leave me alone in the bathtub.
- Keep me away from all electrical outlets and cords.
- Never leave me alone in the car.
- Keep small objects away from me so I do not put them in my mouth and choke. Do not give me anything smaller than a 50-cent piece.
- Always put me in a car seat when I am in a car – it is the safest place for me to be. Make sure my car seat is put in the car the correct way.
- Do not smoke near me or in my house. My lungs are fragile.
- Do not let me go to sleep with a bottle of milk or juice in my mouth. It is not good for my teeth. (Water is ok.)

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a "Healthy Kids" or EPSDT screening.

How I Grow



7
to 9
Months

How I Develop:

- I am starting to sit without support.
- I can feed myself finger foods.
- I am beginning to pull myself up holding onto furniture.
- I can pick up small things.
- I might be crawling backward and forward.
- I say lots of sounds and will imitate them.
- I am starting to recognize some words.

How I Act:

- I like to shout to get your attention.
- I get frightened by new experiences and new people; stay with me until I am calm.
- I want praise for all the things I do.
- I feel strongly about what I want and do not want to do.
- I am very curious and want to explore everything.
- I get upset when you leave me, even for a short while.

How You Can Help Me Learn:

- Start to read to me. Talk and tell me what is happening.
- Give me time to concentrate on things that I am interested in.
- Give me toys to explore and touch.
- Point out my body parts and name them for me.



Dear Colleague,

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:

Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

Sincerely,

Health Education Resource Exchange Web Team